

APPENDIX A -- STEELYARD

A1. GATOR BAR WORKER IN STEELYARD

Table A-1. Gator Bar Worker in Steelyard RULA

Rapid Upper Limb Assessment (RULA)
Matamney and Corlett (1993)

Work Phase	Using pry end of bar to separate angles		Using pry end of bar to lever angle over		Using jaw end of bar to separate angles		Using jaw end of bar to flip angle over		Composite of all work phases	
	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score
Shoulder Extension/Flexion	sl flex	2	sl flex	2	mod flex	3	sl flex	2	sl flex (68%)	2
Shoulder is Raised (+1)		0		1		1		1		1
Upper Arm is Abducted (+1)		0		0		0		0		0
Arm Supported, Leaning (-1)		0		0		0		0		0
Elbow Extension/Flexion	flex	2	ext	1	flex	2	ext	1	flex (41%)	2
Shoulder Abduction/Adduction	mod abd	1	neut	0	mod abd	1	mod adb	1	neut (59%)	0
Shoulder Lateral/Medial	mod med	1	neut	0	lat	1	mod med	1	neut (47%)	0
Wrist Extension/Flexion	ext	2	ext	2	ext	2	ext	2	ext (62%)	2
Wrist Deviation	ulnar	1	ulnar	1	rad	1	ulnar	1	ulnar (53%)	1
Wrist Bent From Midline (+1)		0		0		0		0		0
Wrist Twist: (1) in mid range or (2) end of range		1		1		1		1		1
Arm and Wrist Muscle Use Score: If posture mainly static (i.e., held for longer than 10 minutes) or; if action repeatedly occurs 4 times per minute or more: (+1)		1		1		1		1		1
Arm and Wrist Force/ Load Score: If load less than 2 kg (intermittent): (+0); If 2 kg to 10 kg (intermittent): (+1) If 2 kg to 10 kg (static or repeated): (+2) If more than 10 kg load or repeated or shocks: (+3)		3		3		3		3		3

Table A-1: Gator Bar Worker in Steelyard RULA (continued)

Work Phase	Using pry end of bar to separate angles		Using pry end of bar to lever angle over		Using jaw end of bar to separate angles		Using jaw end of bar to flip angle over		Composite of all work phases	
	<i>Specific</i>	<i>RULA Score</i>	<i>Specific</i>	<i>RULA Score</i>	<i>Specific</i>	<i>RULA Score</i>	<i>Specific</i>	<i>RULA Score</i>	<i>Specific</i>	<i>RULA Score</i>
Neck Extension/ Flexion	sl flx	2	sl flx	2	sl flx	2	sl flx	2	sl flx	2
Neck Twist (+1)		1		0		1		0		0
Neck Side Bend (+1)		0		0		0		0		0
Trunk Twist (+1)		1		0		1		0		0
Trunk Extension/Flexion	sl flex	2	sl flex	2	sl flex	2	sl flex	2	sl flex (64%)	2
Trunk Side Bend (+1)		0		0		0		0		0
Legs: If legs and feet are supported and balanced: (+1); If not: (+2)		1		1		1		1		1
Neck, Trunk, and Leg Muscle Use Score: If posture mainly static (i.e., held for longer than 10 minutes) or; If action repeatedly occurs 4 times per minute or more: (+1)		1		1		1		1		1
Neck, Trunk, and Leg Force/Load Score: If load less than 2 kg (intermittent): (+0) If 2 kg to 10 kg (intermittent): (+1) If 2 kg to 10 kg load or repeated or shocks: (+3)		3		3		3		3		3
Total RULA Score	7		7		7		7		7	
1 or 2 = Acceptable 3 or 4 = Investigate Further 5 or 6 = Investigate Further and Change Soon 7 = Investigate and Change Immediately										

Table A-2. Gator Bar Worker in Steelyard Strain Index

Strain Index: Distal Upper Extremity Disorders Risk Assessment
Moore and Garg (1995)

1. Intensity of Exertion: An estimate of the strength required to perform the task one time. Mark the rating after using the guidelines below; then fill in the corresponding multiplier in the far right box.					
Rating Criterion	% Maximal Strength	Borg Scale	Perceived Effort	Rating	Multiplier
Light	< 10%	< or = 2	barely noticeable or relaxed effort	1	1.0
Somewhat Hard	10% - 29%	3	noticeable or definite effort	2	3.0
Hard	30% - 49%	4 - 5	obvious effort; unchanged facial expression	3	6.0
Very Hard	50% - 79%	6 - 7	substantial effort; changes to facial expression	4	9.0
Near Maximal	> or = 80%	> 7	uses shoulder or trunk to generate force	5	13.0
Intensity of Exertion Multiplier					9.0

2. Duration of Exertion (% of cycle): Calculated by measuring the duration of all exertions during an observation period, and then dividing the measured duration of exertion by the total observation time and multiplying by 100. NOTE: If duration of exertion is 100% (as with some static tasks), then efforts/minute multiplier should be set to 3.0			
Worksheet:	Rating Criterion	Rating	Multiplier
% Duration of Exertion	< 10%	1	0.5
= 100 x duration of all exertions (sec)	10% - 29%	2	1.0
Total observation time (sec)	30% - 49%	3	1.5
= 100 x 143 (sec)/720 (sec)	50% - 79%	4	2.0
= 20%	> or = 80%	5	3.0
Duration of Exertion Multiplier			1.0

3. Efforts per Minute: Measured by counting the number of exertions that occur during an observation period, and then dividing the number of exertions by the duration of the observation period, measured in minutes. NOTE: If duration of exertion is 100% (as with some static tasks), then efforts/minute multiplier should be set to 3.0			
Worksheet:	Rating Criterion	Rating	Multiplier
Efforts per Minute	< 4	1	0.5
= number of exertions	4 - 8	2	1.0
total observation time (min)	9 - 14	3	1.5
= 136/12 = 11.3	15 - 19	4	2.0
	> or = 20	5	3.0
Efforts per Minute Multiplier			1.5

Table A-2. Gator Bar Worker in Steelyard Strain Index (continued)

4. Hand/Wrist Posture: An estimate of the position of the hand or wrist relative to neutral position.						
Rating Criterion	Wrist Extension	Wrist Flexion	Ulnar Deviation	Perceived Posture	Rating	Multiplier
Very Good	0 – 10 degrees	0 – 5 degrees	0 – 10 degrees	perfectly neutral	1	1.0
Good	11 – 25 degrees	6 – 15 degrees	11 – 15 degrees	near neutral	2	1.0
Fair	26 – 40 degrees	16 – 30 degrees	16 – 20 degrees	non-neutral	3	1.5
Bad	41 – 55 degrees	31 – 50 degrees	21 – 25 degrees	marked deviation (*estimated)	4	2.0
Very Bad	> 60 degrees	> 50 degrees	> 25 degrees	near extreme	5	3.0
Hand/Wrist Posture Multiplier						2.0

5. Speed of Work: An estimate of how fast the worker is working.				
Rating Criterion	Observed Pace/MTM Predicted Pace x 100%	Perceived Speed	Rating	Multiplier
Very Slow	< or = 80%	extremely relaxed pace	1	1.0
Slow	81% – 90%	“taking one’s own time”	2	1.0
Fair	91% - 100%	“normal” speed of motion	3	1.0
Fast	101% - 115%	rushed, but able to keep up	4	1.5
Very Fast	> 115%	rushed, barely or unable to keep up	5	2.0
Speed of Work Multiplier				1.0

6. Duration of Task per Day: Either measured or obtained from plant personnel			
Worksheet: Duration of Task per Day (hrs) = duration of task (hrs) + duration of task (hrs) + ... = (estimate ~ 1 - 2 hrs)	Rating Criterion	Rating	Multiplier
	< or = 1 hr	1	0.25
	1 – 2 hrs	2	0.50
	2 – 4 hrs	3	0.75
	4 – 8 hrs	4	1.00
	> or = 8 hrs	5	1.50
Duration of Task per Day Multiplier			0.50

Table A-2. Gator Bar Worker in Steelyard Strain Index (continued)

7. Calculate the Strain Index (SI) Score: Insert the multiplier values for each of the six task variables into the spaces below, then multiply them all together.							
Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand/Wrist Posture	Speed of Work	Duration of Task	=	<u>SI SCORE</u>
9.0 X	1.0 X	1.5 X	2.0 X	1.0 X	0.5		<u>13.5</u>

- SI Scores are used to predict Incidence Rates of Distal Upper Extremity injuries per 100 FTE:
- SI Score < 5 is correlated to an Incidence Rate of about 2 DUE injuries per 100 FTE;
 - SI Score of between 5 – 30 is correlated to an Incidence Rate of about 77 DUE injuries per 100 FTE;
 - SI Score of between 31 – 60 is correlated to an Incidence Rate of about 106 DUE injuries per 100 FTE; and
 - SI Score of > 60 is correlated to an Incidence Rate of about 130 DUE injuries per 100 FTE.

Table A-3. Gator Bar Worker in Steelyard UE CTD Checklist
Michigan Checklist for Upper Extremity Cumulative Trauma Disorders
 Lifshitz and Armstrong (1986)

**No” responses are indicative of conditions associated with the risk of CTD’s

Risk Factors	No	Yes
1. Physical Stress		
1.1 Can the job be done without hand/ wrist contact with sharp edges	N	
1.2 Is the tool operating without vibration?		Y
1.3 Are the worker’s hands exposed to temperature >21degrees C (70 degrees F)?	N	Y
1.4 Can the job be done without using gloves?	N	
2. Force		
2.1 Does the job require exerting less than 4.5 kg (10 lb) of force?	N	
2.2 Can the job be done without using finger pinch grip?		Y
3. Posture		
3.1 Can the job be done without flexion or extension of the wrist?	N	
3.2 Can the tool be used without flexion or extension of the wrist?	N	
3.3 Can the job be done without deviating the wrist from side to side?	N	
3.4 Can the tool be used without deviating the wrist from side to side?	N	
3.5 Can the worker be seated while performing the job?	N	
3.6 Can the job be done without “clothes wringing” motion?		Y
4. Workstation Hardware		
4.1 Can the orientation of the work surface be adjusted?	N	
4.2 Can the height of the work surface be adjusted?	N	
4.3 Can the location of the tool be adjusted?	N	
5. Repetitiveness		
5.1 Is the cycle time longer than 30 seconds?		Y
6. Tool Design		
6.1 Are the thumb and finger slightly overlapped in a closed grip?		Y
6.2 Is the span of the tool’s handle between 5 and 7 cm (2-2 3/4 inches)?	<i>Not measured</i>	<i>Not measured</i>
6.3 Is the handle of the tool made from material other than metal?	N	
6.4 Is the weight of the tool below 4 kg (9 lb)?	N (12.2 lb)	
6.5 Is the tool suspended?	N	
TOTAL	15 (71%)	6 (29%)

Table A-4. Gator Bar Worker in Steelyard OWAS

OWAS: OVAKO Work Analysis System
 Louhevaara and Suurnäkki (1992)

Work Phase	Wait for crane	Crane lowers load	Unstrap load (and cutting binding)	Using pry end of bar to separate angles	Using pry end to lever angle over	Using jaw end of bar to separate angles	Using jaw end to flip angle over	Move load off conveyor	Crane moves excess angles
Total Combination Posture Score	1	1	1	4	4	4	2	1	1
Common Posture Combinations (collapsed across work phases)									
Back	1	2	2	1					
Arms	1	3	3	3					
Legs	2	2	7	2					
Posture Repetition (% of working time)	42	19	19	1					
Back % of Working Time Score	1	3	4	1					
Arms % of Working Time Score	1	1	1	1					
Legs % of Working Time Score	1	1	1	1					
ACTION CATEGORIES: 1 = No corrective measures 2 = Corrective measures in near future 3 = Corrective measures as soon as possible 4 = Corrective measures immediately									

Table A-4. Gator Bar Worker in Steelyard OWAS (continued)

Work Phase	Wait for crane	Crane lowers load	Unstrap load (and cutting binding)	Using pry end of bar to separate angles	Using pry end to lever angle over	Using jaw end of bar to separate angles	Using jaw end to flip angle over	Move load off conveyor	Crane moves excess angles
Posture									
Back 1 = straight 2 = bent forward, backward 3 = twisted or bent sideways 4 = bent and twisted or bent forward and sideways	1	1	1	2	2	2	1	1	1
Arms 1 = both arms are below shoulder level 2 = one arm is at or above shoulder level 3 = both arms are at or above shoulder level	1	1	3	3	3	3	3	1	1
Legs 1 = sitting 2 = standing with both legs straight 3 = standing with the weight on one straight leg 4 = standing or squatting with both knees bent 5 = standing or squatting with one knee bent 6 = kneeling on one or both knees 7 = walking or moving	2	2	2,7	2,7	2,7	2,7	2,7	2	2
Load/Use of Force 1 = weight or force needed is = or < 10 kg (< 22 lb) 2 = weight or force > 10 but < 20 kg (> 22 lb, < 44 lb) 3 = weight or force > 20 kg (> 44 lb)	1	1	1	3	3	3	3	1	1
Phase Repetition % of working time (0, 10, 20, 30, 40, 50, 60, 70, 80, 90, 100)	16	5	11	7	7	5	1	20	1

Table A-5. Gator Bar Worker in Steelyard PLIBEL

PLIBEL Checklist
Kemmlert (1995)

Section I: Musculoskeletal Risk Factors					
Methods of Application:					
1) Find the injured body region, answer yes or no to corresponding questions.					
2) Answer questions, score potential body regions for injury risk.					
Musculoskeletal Risk Factor Questions	Body Regions				
	Neck, Shoulder, and Upper Back	Elbows, Forearms, and Hands	Feet	Knees and Hips	Low Back
1: Is the walking surface uneven, sloping, slippery or nonresilient?			Y	Y	Y
2: Is the space too limited for work movements or work materials?	N	N	N	N	N
3: Are tools and equipment unsuitably designed for the worker or the task?	Y	Y	Y	Y	Y
4: Is the working height incorrectly adjusted?	Y				Y
5: Is the working chair poorly designed or incorrectly adjusted?	Y				Y
6: If work performed standing, is there no possibility to sit and rest?			Y	Y	Y
7: Is fatiguing foot pedal work performed?			N	N	
8: Is fatiguing leg work performed? e.g. ...					
a) repeated stepping up on stool, step etc..			N	N	N
b) repeated jumps, prolonged squatting or kneeling?			N	N	N
c) one leg being used more often in supporting the body?			N	N	N
9: Is repeated or sustained work performed when the back is:					
a) mildly flexed forward?	Y				Y
b) severely flexed forward?	Y				Y
c) bent sideways or mildly twisted?	Y				Y
d) severely twisted?	Y				Y

Table A-5. Gator Bar Worker in Steelyard PLIBEL (continued)

10: Is repeated/sustained work performed with neck:					
a) flexed forward?	Y				
b) bent sideways or mildly twisted?	Y				
c) severely twisted?	N				
d) extended backwards?	N				
11: Are loads lifted manually? Note important factors:					
a) periods of repetitive lifting	N				N
b) weight of load	N				N
c) awkward grasping of load	N				N
d) awkward location of load at onset or end of lifting	N				N
e) handling beyond forearm length	Y				Y
f) handling below knee length	N				N
g) handling above shoulder height	N				N
12: Is repeated, sustained or uncomfortable carrying, pushing or pulling of loads performed?	Y	Y			Y
13: Is sustained work performed when one arm reaches forward or to the side without support?	N				
14: Is there a repetition of:					
a) similar work movements?	Y	Y			
b) similar work movements beyond comfortable reaching distance?	Y	Y			
15: Is repeated or sustained manual work performed? Notice factors of importance as:					
a) weight of working materials or tools	Y	Y			
b) awkward grasping of working materials or tools	Y	Y			
16: Are there high demands on visual capacity?	N				
17: Is repeated work with forearm and hand performed with:					
a) twisting movements?		Y			
b) forceful movements?		Y			
c) uncomfortable hand positions?		Y			
d) switches or keyboards?		N			

Table A-5. Gator Bar Worker in Steelyard PLIBEL (continued)

Musculoskeletal Risk Factors Scores					
	Neck, Shoulder, and Upper Back	Elbows, Forearms, and Hands	Feet	Knees and Hips	Low Back
SUM	15	9	3	3	11
PERCENTAGE	57.7	81.8	37.5	37.5	52.4
Section II: Environmental / Organizational Risk Factors (Modifying)					
18: Is there no possibility to take breaks and pauses?	N				
19: Is there no possibility to choose order and type of work tasks or pace of work?	Y				
20: Is the job performed under time demands or psychological stress?	Y				
21: Can the work have unusual or expected situations?	Y				
22: Are the following present?					
a) cold	Y				
b) heat	Y				
c) draft	Y				
d) noise	Y				
e) troublesome visual conditions	N				
f) jerks, shakes, or vibration	Y				
Environmental / Organizational Risk Factors Score					
SUM	8				
PERCENTAGE	80.0				

A2. STEELYARD HELPER

Table A-6. Steelyard Helper RULA

Rapid Upper Limb Assessment (RULA)
Matamney and Corlett (1993)

Work Phase	Unstrapping load and cutting binding		Using jaw end of bar to flip angle over		Dragging angle across table by hand		Dragging angle across table by hooked pole		Composite of work phases	
	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score
Shoulder Extension/Flexion	mod flex	3	mod flex	3	hyp flex	4	sl flex	2	sl flex (35%)	2
Shoulder is Raised (+1)		0		0		1		0		0
Upper Arm is Abducted (+1)		0		1		0		1		1
Arm Supported, Leaning (-1)		0		0		0		0		0
Elbow Extension/Flexion	neut	2	ext	1	neut	2	ext	1	ext (60%)	1
Shoulder Abduction/Adduction	add	1	mod abd	1	add	1	neut	0	mod abd (36%)	1
Shoulder Lateral/Medial	mod med	1	lat	1	mod med	1	lat	1	lat (45%)	1
Wrist Extension/Flexion	ext	2	ext	2	ext	2	flex	2	flex (49%)	2
Wrist Deviation	ulnar	1	ulnar	1	rad	1	ulnar	1	ulnar (45%)	1
Wrist Bent From Midline (+1)		0		0		0		0		0
Wrist Twist: (1) in mid range or (2) end of range		1		1		1		1		1
Arm and Wrist Muscle Use Score: If posture mainly static (i.e., held for longer than 10 minutes) or; If action repeatedly occurs 4 times per minute or more: (+1)		1		1		1		1		1
Arm and Wrist Force/Load Score: If load less than 2 kg (intermittent): (+0) If 2 kg to 10 kg (intermittent): (+1) If 2 kg to 10 kg (static or repeated): (+2) If more than 10 kg load or repeated or shocks: (+3)		2		2		2		2		2

Table A-6. Steelyard Helper RULA (continued)

Work Phase	Unstrapping load and cutting binding		Using jaw end of bar to flip angle over		Dragging angle across table by hand		Dragging angle across table by hooked pole		Composite of work phases	
	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score
Neck Extension/ Flexion	sl flx	2	sl flx	2	sl flx	2	sl flx	2	sl flx	2
Neck Twist (+1)		1		1		0		1		1
Neck Side Bend (+1)		0		0		0		0		0
Trunk Twist (+1)		1		0		1		0		0
Trunk Extension/ Flexion	sl flex	2	sl flex	2	sl flex	2	neut	1	sl flex (50%)	2
Trunk Side Bend (+1)		0		0		0		0		0
Legs: If legs and feet are supported and balanced: (+1); If not: (+2)		1		1		1		1		1
Neck, Trunk, and Leg Muscle Use Score: If posture mainly static (i.e., held for longer than 10 minutes) or if action repeatedly occurs 4 times per minute or more: (+1)		1		1		1		1		1
Neck, Trunk, and Leg Force/Load Score: If load less than 2 kg (intermittent): (+0) If 2 kg to 10 kg (intermittent): (+1) If 2 kg to 10 kg load or repeated or shocks: (+3)		2		2		2		2		2
Total RULA Score	7		7		7		6		7	
1 or 2 = Acceptable 3 or 4 = Investigate Further 5 or 6 = Investigate Further and Change Soon 7 = Investigate and Change Immediately										

Table A-7. Steelyard Helper Strain Index

Strain Index: Distal Upper Extremity Disorders Risk Assessment
Moore and Garg (1995)

1. Intensity of Exertion: An estimate of the strength required to perform the task one time. Mark the rating after using the guidelines below; then fill in the corresponding multiplier in the far right box.					
Rating Criterion	% Maximal Strength	Borg Scale	Perceived Effort	Rating	Multiplier
Light	< 10%	< or = 2	barely noticeable or relaxed effort	1	1.0
Somewhat Hard	10% - 29%	3	noticeable or definite effort	2	3.0
Hard	30% - 49%	4 - 5	obvious effort; unchanged facial expression	3	6.0
Very Hard	50% - 79%	6 - 7	substantial effort; changes to facial expression	4	9.0
Near Maximal	> or = 80%	> 7	uses shoulder or trunk to generate force	5	13.0
Intensity of Exertion Multiplier					3.0

2. Duration of Exertion (% of cycle): Calculated by measuring the duration of all exertions during an observation period, and then dividing the measured duration of exertion by the total observation time and multiplying by 100. NOTE: If duration of exertion is 100% (as with some static tasks), then efforts/minute multiplier should be set to 3.0			
Worksheet:	Rating Criterion	Rating	Multiplier
% Duration of Exertion = $100 \times \frac{\text{duration of all exertions (sec)}}{\text{Total observation time (sec)}}$	< 10%	1	0.5
	10% - 29%	2	1.0
	30% - 49%	3	1.5
	50% - 79%	4	2.0
	> or = 80%	5	3.0
Duration of Exertion Multiplier			1.5

3. Efforts per Minute: Measured by counting the number of exertions that occur during an observation period, and then dividing the number of exertions by the duration of the observation period, measured in minutes. NOTE: If duration of exertion is 100% (as with some static tasks), then efforts/minute multiplier should be set to 3.0			
Worksheet:	Rating Criterion	Rating	Multiplier
Efforts per Minute = $\frac{\text{number of exertions}}{\text{total observation time (min)}}$	< 4	1	0.5
	4 - 8	2	1.0
	9 - 14	3	1.5
	15 - 19	4	2.0
	> or = 20	5	3.0
Efforts per Minute Multiplier			1.0

Table A-7. Steelyard Helper Strain Index (continued)

4. Hand/Wrist Posture: An estimate of the position of the hand or wrist relative to neutral position.						
Rating Criterion	Wrist Extension	Wrist Flexion	Ulnar Deviation	Perceived Posture	Rating	Multiplier
Very Good	0 – 10 degrees	0 – 5 degrees	0 – 10 degrees	perfectly neutral	1	1.0
Good	11 – 25 degrees	6 – 15 degrees	11 – 15 degrees	near neutral	2	1.0
Fair	26 – 40 degrees	16 – 30 degrees	16 – 20 degrees	non-neutral	3	1.5
Bad	41 – 55 degrees	31 – 50 degrees	21 – 25 degrees	marked deviation (*estimated)	4	2.0
Very Bad	> 60 degrees	> 50 degrees	> 25 degrees	near extreme	5	3.0
Hand/Wrist Posture Multiplier						2.0

5. Speed of Work: An estimate of how fast the worker is working.				
Rating Criterion	Observed Pace/MTM Predicted Pace x 100%	Perceived Speed	Rating	Multiplier
Very Slow	< or = 80%	extremely relaxed pace	1	1.0
Slow	81% – 90%	“taking one’s own time”	2	1.0
Fair	91% - 100%	“normal” speed of motion	3	1.0
Fast	101% - 115%	rushed, but able to keep up	4	1.5
Very Fast	> 115%	rushed, barely or unable to keep up	5	2.0
Speed of Work Multiplier				1.0

6. Duration of Task per Day: Either measured or obtained from plant personnel			
Worksheet:	Rating Criterion	Rating	Multiplier
Duration of Task per Day (hrs)	< or = 1 hr	1	0.25
= duration of task (hrs) +	1 – 2 hrs	2	0.50
duration of task (hrs) + ...	2 – 4 hrs	3	0.75
	4 – 8 hrs	4	1.00
= (estimate ~ 2 - 4 hrs)	> or = 8 hrs	5	1.50
Duration of Task per Day Multiplier			0.75

Table A-7. Steelyard Helper Strain Index (continued)

7. Calculate the Strain Index (SI) Score: Insert the multiplier values for each of the six task variables into the spaces below, then multiply them all together.							
Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand/Wrist Posture	Speed of Work	Duration of Task	=	<u>SI SCORE</u>
3.0 X	1.5 X	1.0 X	2.0 X	1.0 X	0.75		<u>6.8</u>

SI Scores are used to predict Incidence Rates of Distal Upper Extremity injuries per 100 FTE:

- SI Score < 5 is correlated to an Incidence Rate of about 2 DUE injuries per 100 FTE;
- SI Score of between 5 – 30 is correlated to an Incidence Rate of about 77 DUE injuries per 100 FTE;
- SI Score of between 31 – 60 is correlated to an Incidence Rate of about 106 DUE injuries per 100 FTE; and
- SI Score of > 60 is correlated to an Incidence Rate of about 130 DUE injuries per 100 FTE.

Table A-8. Steelyard Helper UE CTD Checklist

Michigan Checklist for Upper Extremity Cumulative Trauma Disorders
Lifshitz and Armstrong (1986)

* “No” responses are indicative of conditions associated with the risk of CTD’s

Risk Factors	No	Yes
1. Physical Stress		
1.1 Can the job be done without hand/ wrist contact with sharp edges	N	
1.2 Is the tool operating without vibration?		Y
1.3 Are the worker’s hands exposed to temperature >21degrees C (70 degrees F)?	N	Y
1.4 Can the job be done without using gloves?		Y
2. Force		
2.1 Does the job require exerting less than 4.5 kg (10 lb) of force?	N	
2.2 Can the job be done without using finger pinch grip?		Y
3. Posture		
3.1 Can the job be done without flexion or extension of the wrist?	N	
3.2 Can the tool be used without flexion or extension of the wrist?	N	
3.3 Can the job be done without deviating the wrist from side to side?	N	
3.4 Can the tool be used without deviating the wrist from side to side?	N	
3.5 Can the worker be seated while performing the job?	N	
3.6 Can the job be done without “clothes wringing” motion?		Y
4. Workstation Hardware		
4.1 Can the orientation of the work surface be adjusted?	N	
4.2 Can the height of the work surface be adjusted?	N	
4.3 Can the location of the tool be adjusted?	N	
5. Repetitiveness		
5.1 Is the cycle time longer than 30 seconds?	N	
6. Tool Design		
6.1 Are the thumb and finger slightly overlapped in a closed grip?		Y
6.2 Is the span of the tool’s handle between 5 and 7 cm (2-2 3/4 inches)?	Not Measured	Not Measured
6.3 Is the handle of the tool made from material other than metal?	N	
6.4 Is the weight of the tool below 4 kg (9 lb)?	N (12.2 lb)	
6.5 Is the tool suspended?	N	
TOTAL	14 (67%)	7 (33%)

Table A-9. Steelyard Worker OWAS

OWAS: OVAKO Work Analysis System
 Louhevaara and Suurnäkki (1992)

Work Phase	Waiting for crane	Crane lowering load	Unstrapping load (and cutting binding)	Using jaw end of bar to flip angle over on table	Dragging angle across table with hand	Standing.
TOTAL Combination Posture Score	1	1	1	3	2,3	1
Common Posture Combinations (collapsed across work phases)						
Back	1	1	2,4	2,4		
Arms	1	3	3	1		
Legs	2	2,7	2,7	2,7		
Posture Repetition (% of working time)	21	11	8	1		
Back % of Working Time Score	1	1	3,3	2,3		
Arms % of Working Time Score	1	1	1	1		
Legs % of Working Time Score	1	1	1	1		
ACTION CATEGORIES: 1 = No corrective measures 2 = Corrective measures in near future 3 = Corrective measures as soon as possible 4 = Corrective measures immediately						

Table A-9. Steelyard Helper OWAS (continued)

Work Phase	Waiting for crane	Crane lowering load	Unstrapping load (and cutting binding)	Using jaw end of bar to flip angle over on table	Dragging angle across table with hand	Standing, waiting
Posture						
Back 1 = straight 2 = bent forward, backward 3 = twisted or bent sideways 4 = bent and twisted or bent forward and sideways	1	1	1	2,4	2,4	1
Arms 1 = both arms are below shoulder level 2 = one arm is at or above shoulder level 3 = both arms are at or above shoulder level	1	1	3	3	1	1
Legs 1 = sitting 2 = standing with both legs straight 3 = standing with weight on one straight leg 4 = standing or squatting with both knees bent 5 = standing or squatting with one knee bent 6 = kneeling on one or both knees 7 = walking or moving	2	2	2,7	2,7	2,7	2,7
Load/Use of Force 1 = weight or force needed is = or < 10 kg (< 22 lb) 2 = weight or force > 10 kg but < 20 kg (> 22 lb, < 44 lb) 3 = weight or force > 20 kg (> 44 lb)	1	1	1	2	2	2
Phase Repetition % of working time (0, 10, 20, 30, 40, 50, 60, 70, 80, 90, 100)	16	52	11	8	22	1

Table A-10. Steelyard Helper PLIBEL

PLIBEL Checklist
Kemmlert (1995)

Section I: Musculoskeletal Risk Factors					
Methods of Application:					
1) Find the injured body region, answer yes or no to corresponding questions.					
2) Answer questions, score potential body regions for injury risk.					
Musculoskeletal Risk Factor Questions	Body Regions				
	Neck, Shoulder, and Upper Back	Elbows, Forearms, and Hands	Feet	Knees and Hips	Low Back
1: Is the walking surface uneven, sloping, slippery or nonresilient?			Y	Y	Y
2: Is the space too limited for work movements or work materials?	N	N	N	N	N
3: Are tools and equipment unsuitably designed for the worker or the task?	Y	Y	Y	Y	Y
4: Is the working height incorrectly adjusted?	N				N
5: Is the working chair poorly designed or incorrectly adjusted?	Y				Y
6: If work performed standing, is there no possibility to sit and rest?			N	N	N
7: Is fatiguing foot pedal work performed?			N	N	
8: Is fatiguing leg work performed? e.g. ...					
a) repeated stepping up on stool, step etc.			N	N	N
b) repeated jumps, prolonged squatting or kneeling?			N	N	N
c) one leg being used more often in supporting the body?			N	N	N
9: Is repeated or sustained work performed when the back is:					
a) mildly flexed forward?	Y				Y
b) severely flexed forward?	Y				Y
c) bent sideways or mildly twisted?	Y				Y
d) severely twisted?	N				N

Table A-10. Steelyard Helper PLIBEL (continued)

10: Is repeated/sustained work performed with neck:					
a) flexed forward?	Y				
b) bent sideways or mildly twisted?	Y				
c) severely twisted?	N				
d) extended backwards?	N				
11: Are loads lifted manually? Note important factors:					
a) periods of repetitive lifting	N				N
b) weight of load	N				N
c) awkward grasping of load	N				N
d) awkward location of load at onset or end of lifting	N				N
e) handling beyond forearm length	N				N
f) handling below knee length	N				N
g) handling above shoulder height	N				N
12: Is repeated, sustained or uncomfortable carrying, pushing or pulling of loads performed?	Y	Y			Y
13: Is sustained work performed when one arm reaches forward or to the side without support?	N				
14: Is there a repetition of:					
a) similar work movements?	Y	Y			
b) similar work movements beyond comfortable reaching distance?	Y	Y			
15: Is repeated or sustained manual work performed? Notice factors of importance as:					
a) weight of working materials or tools	N	N			
b) awkward grasping of working materials or tools	Y	Y			
16: Are there high demands on visual capacity?	N				
17: Is repeated work with forearm and hand performed with:					
a) twisting movements?		Y			
b) forceful movements?		Y			
c) uncomfortable hand positions?		Y			
d) switches or keyboards?		N			

Table A-10. Steelyard Helper PLIBEL (continued)

Musculoskeletal Risk Factors Scores					
	Neck, Shoulder, and Upper Back	Elbows, Forearms, and Hands	Feet	Knees and Hips	Low Back
SUM	11	8	2	2	7
PERCENTAGE	42.3	72.7	25.0	25.0	33.3
Section II: Environmental / Organizational Risk Factors (Modifying)					
18: Is there no possibility to take breaks and pauses?	N				
19: Is there no possibility to choose order and type of work tasks or pace of work?	Y				
20: Is the job performed under time demands or psychological stress?	Y				
21: Can the work have unusual or expected situations?	N				
22: Are the following present?					
a) cold	Y				
b) heat	Y				
c) draft	Y				
d) noise	Y				
e) troublesome visual conditions	N				
f) jerks, shakes, or vibration	N				
Environmental / Organizational Risk Factors Score					
SUM	6				
PERCENTAGE	60.0				

A3. GATOR BAR WORKER IN BLAST AREA

Table A-11. Gator Bar Worker in Blast Area RULA

Rapid Upper Limb Assessment (RULA)
Matamney and Corlett (1993)

Work Phase	Grasp angle with jaw end of bar		Begin to flip angle over with bar		Middle of flipping angle over with bar		End of flipping angle over with bar		Composite of all work phases	
	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score
Shoulder Extension/ Flexion	sl flex	2	ext	2	ext	2	mod flex	3	sl flex (44%)	2
Shoulder is Raised (+1)		0		1		1		0		0
Upper Arm Abducted (+1)		0		1		1		0		0
Arm supported, leaning (-1)		0		0		0		0		0
Elbow Extension/ Flexion	ext	1	neut	2	flex	2	ext	1	ext (60%)	1
Shoulder Abduction/ Adduction	neut	0	m abd	1	hyp abd	1	add	1	neut (65%)	0
Shoulder Lateral/ Medial	neut	0	lat	1	lat	1	m med	1	neut (69%)	0
Wrist Extension/ Flexion	ext	2	ext	2	flx	2	ext	2	ext (44%)	2
Wrist Deviation	rad	1	rad	1	ulnar	1	ulnar	1	ulnar or rad (62%)	1
Wrist Bent from Midline (+1)		0		0		0		0		0
Wrist Twist (1) In mid range Or (2) End of range		1		1		1		1		1
Arm and Wrist Muscle Use Score: If posture mainly static (i.e. held for longer than 10 minutes) or if action repeatedly occurs 4 times per minute or more: (+ 1)		1		1		1		1		1
Arm and Wrist Force/ Load Score: If load less than 2 kg (intermittent): (+0) If 2kg to 10 kg (intermittent): (+1) If 2kg to 10 kg (static or repeated): (+2) f more than 10 kg load or repeated or shocks: (+3)		2		2		2		2		2

Table A-11. Gator Bar Worker in Blast Area RULA (continued)

Work Phase	Grasp angle with jaw end of bar		Begin to flip angle over with bar		Middle of flipping angle over with bar		End of flipping angle over with bar		Composite of all work phases	
	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score	Specific	RULA Score
Neck Twist (+1)		0		1		0		0		0
Neck Side-Bent (+1)		0		1		0		0		0
Trunk Extension/ Flexion	mod flex	3	sl flex	2	sl flex	2	hyp flex	4	sl flex	2
Trunk Twist (+1)		1		0		0		0		0
Trunk Side Bend (+1)		1		1		1		0		1
Legs: If legs and feet are supported and balanced: (+1); If not (+2)		1		1		2		1		1
Neck, Trunk, and Leg Muscle Use Score If posture mainly static (i.e. held for longer than 10 minutes) or if action repeatedly occurs 4 times per minute or more: (+1)		1		1		1		1		1
Neck, Trunk, and Leg Force/ Load Score If load less than 2 kg (intermittent): (+0) If 2kg to 10 kg (intermittent): (+1) If 2kg to 10 kg (static or repeated): (+2) If more than 10 kg load or repeated or shocks: (+3)		2		2		2		2		2
Total RULA Score		7		7		7		7		7
1 or 2 = Acceptable 3 or 4 = Investigate Further 5 or 6 = Investigate Further and Change Soon 7 = Investigate and Change Immediately										

Table A-12. Gator Bar Worker in Blast Area Strain Index

Strain Index: Distal Upper Extremity Disorders Risk Assessment
Moore and Garg (1995)

1. Intensity of Exertion: An estimate of the strength required to perform the task one time. Mark the rating after using the guidelines below; then fill in the corresponding multiplier in the far right box.					
Rating Criterion	% Maximal Strength	Borg Scale	Perceived Effort	Rating	Multiplier
Light	< 10%	< or = 2	barely noticeable or relaxed effort	1	1.0
Somewhat Hard	10% - 29%	3	noticeable or definite effort	2	3.0
Hard	30% - 49%	4 - 5	obvious effort; unchanged facial expression	3	6.0
Very Hard	50% - 79%	6 - 7	substantial effort; changes to facial expression	4	9.0
Near Maximal	> or = 80%	> 7	uses shoulder or trunk to generate force	5	13.0
Intensity of Exertion Multiplier					3.0

2. Duration of Exertion (% of cycle): Calculated by measuring the duration of all exertions during an observation period, and then dividing the measured duration of exertion by the total observation time and multiplying by 100. NOTE: If duration of exertion is 100% (as with some static tasks), then efforts/minute multiplier should be set to 3.0			
Worksheet:	Rating Criterion	Rating	Multiplier
% Duration of Exertion	< 10%	1	0.5
= 100 x duration of all exertions (sec)	10% - 29%	2	1.0
Total observation time (sec)	30% - 49%	3	1.5
= 100 x 546 (sec)/984 (sec)	50% - 79%	4	2.0
= 55%	> or = 80%	5	3.0
Duration of Exertion Multiplier			2.0

3. Efforts per Minute: Measured by counting the number of exertions that occur during an observation period, and then dividing the number of exertions by the duration of the observation period, measured in minutes. NOTE: If duration of exertion is 100% (as with some static tasks), then efforts/minute multiplier should be set to 3.0			
Worksheet:	Rating Criterion	Rating	Multiplier
Efforts per Minute	< 4	1	0.5
= number of exertions	4 - 8	2	1.0
total observation time (min)	9 - 14	3	1.5
= 67/16.4 = 4.1	15 - 19	4	2.0
	> or = 20	5	3.0
Efforts per Minute Multiplier			1.0

Table A-12. Gator Bar Worker Strain Index (continued)

4. Hand/Wrist Posture: An estimate of the position of the hand or wrist relative to neutral position.						
Rating Criterion	Wrist Extension	Wrist Flexion	Ulnar Deviation	Perceived Posture	Rating	Multiplier
Very Good	0 – 10 degrees	0 – 5 degrees	0 – 10 degrees	perfectly neutral	1	1.0
Good	11 – 25 degrees	6 – 15 degrees	11 – 15 degrees	near neutral	2	1.0
Fair	26 – 40 degrees	16 – 30 degrees	16 – 20 degrees	non-neutral	3	1.5
Bad	41 – 55 degrees	31 – 50 degrees	21 – 25 degrees	marked deviation (*estimated, based on RULAs done)	4	2.0
Very Bad	> 60 degrees	> 50 degrees	> 25 degrees	near extreme	5	3.0
Hand/Wrist Posture Multiplier						2.0

5. Speed of Work: An estimate of how fast the worker is working.				
Rating Criterion	Observed Pace/MTM Predicted Pace x 100%	Perceived Speed	Rating	Multiplier
Very Slow	< or = 80%	extremely relaxed pace	1	1.0
Slow	81% – 90%	“taking one’s own time”	2	1.0
Fair	91% - 100%	“normal” speed of motion	3	1.0
Fast	101% - 115%	rushed, but able to keep up	4	1.5
Very Fast	> 115%	rushed, barely or unable to keep up	5	2.0
Speed of Work Multiplier				1.0

6. Duration of Task per Day: Either measured or obtained from plant personnel			
Worksheet:	Rating Criterion	Rating	Multiplier
Duration of Task per Day (hrs)	< or = 1 hr	1	0.25
= duration of task (hrs) +	1 – 2 hrs	2	0.50
duration of task (hrs) + ...	2 – 4 hrs	3	0.75
= (estimate ~ 1 - 2 hrs)	4 – 8 hrs	4	1.00
	> or = 8 hrs	5	1.50
Duration of Task per Day Multiplier			0.50

Table A-12. Gator Bar Worker Strain Index (continued)

7. Calculate the Strain Index (SI) Score: Insert the multiplier values for each of the six task variables into the spaces below, then multiply them all together.							
Intensity of Exertion	Duration of Exertion	Efforts per Minute	Hand/Wrist Posture	Speed of Work	Duration of Task	=	<u>SI SCORE</u>
3.0 X	2.0 X	1.0 X	2.0 X	1.0 X	0.5		<u>6</u>

SI Scores are used to predict Incidence Rates of Distal Upper Extremity injuries per 100 FTE:

- SI Score < 5 is correlated to an Incidence Rate of about 2 DUE injuries per 100 FTE;
- SI Score of between 5 – 30 is correlated to an Incidence Rate of about 77 DUE injuries per 100 FTE;
- SI Score of between 31 – 60 is correlated to an Incidence Rate of about 106 DUE injuries per 100 FTE; and
- SI Score of > 60 is correlated to an Incidence Rate of about 130 DUE injuries per 100 FTE.

Table A-13. Gator Bar Worker in Blast Area UE CTD Checklist

Michigan Checklist for Upper Extremity Cumulative Trauma Disorders
Lifshitz and Armstrong (1986)

* “No” responses are indicative of conditions associated with the risk of CTD’s

Risk Factors	No	Yes
1. Physical Stress		
1.1 Can the job be done without hand/ wrist contact with sharp edges	N	
1.2 Is the tool operating without vibration?		Y
1.3 Are the worker’s hands exposed to temperature >21degrees C (70 degrees F)?		Y
1.4 Can the job be done without using gloves?	N	
2. Force		
2.1 Does the job require exerting less than 4.5 kg (10lbs) of force?	N	
2.2 Can the job be done without using finger pinch grip?		Y
3. Posture		
3.1 Can the job be done without flexion or extension of the wrist?	N	
3.2 Can the tool be used without flexion or extension of the wrist?	N	
3.3 Can the job be done without deviating the wrist from side to side?	N	
3.4 Can the tool be used without deviating the wrist from side to side?	N	
3.5 Can the worker be seated while performing the job?	N	
3.6 Can the job be done without “clothes wringing” motion?		Y
4. Workstation Hardware		
4.1 Can the orientation of the work surface be adjusted?	N	
4.2 Can the height of the work surface be adjusted?	N	
4.3 Can the location of the tool be adjusted?	N	
5. Repetitiveness		
5.1 Is the cycle time longer than 30 seconds?		Y
6. Tool Design		
6.1 Are the thumb and finger slightly overlapped in a closed grip?		Y
6.2 Is the span of the tool’s handle between 5 and 7 cm (2-2 3/4 inches)?		Y
6.3 Is the handle of the tool made from material other than metal?	N	
6.4 Is the weight of the tool below 4 kg (9lbs)?	N (~12 lbs)	
6.5 Is the tool suspended?	N	
TOTAL	14 (67%)	7 (33%)

Table A-14. Gator Bar Worker in Blast Area OWAS

OWAS: OVAKO Work Analysis System
Louhevaara and Suurnäkki (1992)

Work Phase	Grasp angle with jaw end of bar	Begin to flip angle over with bar	Middle of flipping angle over with bar	End of flipping angle over with bar	Reposition towards angles
TOTAL Combination Posture Score	2	4	1	3	1
Common Posture Combinations (collapsed across work phases)					
Back	4	4	1	2	
Arms	2	1	1	1	
Legs	2	4	7	7	
Posture Repetition (% of working time)	7	2	7	6	
Back % of Working Time Score	1	1	1	1	
Arms % of Working Time Score	1	1	1	1	
Legs % of Working Time Score	1	1	1	1	
ACTION CATEGORIES: 1 = no corrective measures 2 = corrective measures in the near future 3 = corrective measures as soon as possible 4 = corrective measures immediately					

Table A-14. Gator Bar Worker in Blast Area OWAS (continued)

Work Phase	Grasp angle with jaw end of bar	Begin to flip angle over with bar	Middle of flipping angle over with bar	End of flipping angle over with bar	Reposition towards angles
Posture					
Back 1 = straight 2 = bent forward, backward 3 = twisted or bent sideways 4 = bent and twisted or bent forward and sideways	4	4	1	2	1
Arms 1 = both arms are below shoulder level 2 = one arm is at or above shoulder level 3 = both arms are at or above shoulder level	2	1	1	1	1
Legs 1 = sitting 2 = standing with both legs straight 3 = standing with the weight on one straight leg 4 = standing or squatting with both knees bent 5 = standing or squatting with one knee bent 6 = kneeling on one or both knees 7 = walking or moving	2	4	7	7	7
Load/ Use of Force					
1 = weight or force needed is = or <10 kg 2 = weight or force > 10 but < 20kg 3 = weight or force > 20 kg	1	2	2	2	1
Phase Repetition					
% of working time (0, 10, 20, 30, 40, 50, 60, 70, 80, 90, 100)	07	02	02	06	05

Table A-15. Gator Bar Worker in Blast Area PLIBEL

PLIBEL Checklist
Kemmlert (1995)

Section I: Musculoskeletal Risk Factors					
Methods of Application:					
1) Find the injured body region, answer yes or no to corresponding questions					
2) Answer questions, score potential body regions for injury risk					
Musculoskeletal Risk Factor Questions	Body Regions				
	Neck, Shoulder, Upper Back	Elbows, Forearms, Hands	Feet	Knees and Hips	Low Back
1: Is the walking surface uneven, sloping, slippery or nonresilient?			Y	Y	Y
2: Is the space too limited for work movements or work materials?	N	N	N	N	N
3: Are tools and equipment unsuitably designed for the worker or the task?	Y	Y	Y	Y	Y
4: Is the working height incorrectly adjusted?	Y				Y
5: Is the working chair poorly designed or incorrectly adjusted?	Y				Y
6: If work performed standing, is there no possibility to sit and rest?			Y	Y	Y
7: Is fatiguing foot pedal work performed?			N	N	
8: Is fatiguing leg work performed? e.g. ...					
a) repeated stepping up on stool, step etc..			N	N	N
b) repeated jumps, prolonged squatting or kneeling?			N	N	N
c) one leg being used more often in supporting the body?			N	N	N
9: Is repeated or sustained work performed when the back is:					
a) mildly flexed forward?	Y				Y
b) severely flexed forward?	Y				Y
c) bent sideways or mildly twisted?	Y				Y
d) severely twisted?	Y				Y

Table A-15. Gator Bar Worker in Blast Area PLIBEL (continued)

10: Is repeated or sustained work performed when the neck is:					
a) flexed forward?	Y				
b) bent sideways or mildly twisted?	Y				
c) severely twisted?	N				
d) extended backwards?	N				
11: Are loads lifted manually? Notice factors of importance as:					
a) periods of repetitive lifting	N				N
b) weight of load	N				N
c) awkward grasping of load	N				N
d) awkward location of load at onset or end of lifting	N				N
e) handling beyond forearm length	Y				Y
f) handling below knee length	N				N
g) handling above shoulder height	N				N
12: Is repeated, sustained or uncomfortable carrying, pushing or pulling of loads performed?	Y	Y			Y
13: Is sustained work performed when one arm reaches forward or to the side without support?	N				
14: Is there a repetition of:					
a) similar work movements?	Y	Y			
b) similar work movements beyond comfortable reaching distance?	Y	Y			
15: Is repeated or sustained manual work performed? Notice factors of importance as:					
a) weight of working materials or tools	Y	Y			
b) awkward grasping of working materials or tools	Y	Y			
16: Are there high demands on visual capacity?	N				
17: Is repeated work, with forearm and hand, performed with:					
a) twisting movements?		Y			
b) forceful movements?		Y			
c) uncomfortable hand positions?		Y			
d) switches or keyboards?		N			

Table A-15. Gator Bar Worker in Blast Area PLIBEL (continued)

Musculoskeletal Risk Factors Scores					
	Neck, Shoulder, Upper Back	Elbows, Forearms, Hands	Feet	Knees and Hips	Low Back
SUM	15	9	3	3	11
PERCENTAGE	57.7	81.8	37.5	37.5	52.4
Section II: Environmental / Organizational Risk Factors (Modifying)					
18: Is there no possibility to take breaks and pauses?	N				
19: Is there no possibility to choose order and type of work tasks or pace of work	Y				
20: Is the job performed under time demands or psychological stress	N				
21: Can the work have unusual or expected situations?	N				
22: Are the following present?					
a) cold	N				
b) heat	Y				
c) draft	N				
d) noise	Y				
e) troublesome visual conditions	N				
f) jerks, shakes, or vibration	N				
Environmental / Organizational Risk Factors Score					
SUM	3				
PERCENTAGE	30.0				